

# Yoga for Cancer Survivors & their Care Givers



Survivors support each other in the tree posture

## Presented by “Yoga for You” and “The Yoga Nurse®

Annette Tersigni R.N., known as the Yoga Nurse® is the facilitator for this successful and life affirming support group. Annette was the creator and presenter of yoga for cancer survivors for the past two years for the Raab Clinic and Carteret General Hospital. Patients gather, share valuable information, drink tea in our lounge area and then practice gentle, restorative yoga in our beautiful, pristine yoga studio. New friendships and heart felt bonds are formed.

All cancer survivors and care givers are welcome; based on the yoga system of ‘Dana’, we invite you to give a “love offering donation” based on “what you feel it’s worth.”

TIME: Wednesdays: 1-2:30 pm at “Yoga for You”

**Yoga For You, 2900 Arendell Street (next to Tuesday Morning) Morehead City Shopping Plaza, 252-247-YOGA (9642) [WWW.YOGAFORYOUANDME.COM](http://WWW.YOGAFORYOUANDME.COM) [WWW.YOGANURSE.COM](http://WWW.YOGANURSE.COM)**